

Grandparents...

Protect your loved ones against flu and whooping cough



Why It Matters

Flu and whooping cough are easily spread and can cause serious illness. You can easily infect your loved ones, even before you feel sick.

Protect Yourself

Your immune system is not what it used to be. Flu and whooping cough can lead to pneumonia and other serious complications. Get vaccinated to avoid hospitalization and time away from your family.

Protect Your Grandkids

Flu and whooping cough can be very serious for kids. Babies are especially vulnerable since they are too young to be fully vaccinated. Many end up in hospitals each year due to flu and whooping cough, and some die.

Protect yourself and your family.
Get vaccinated!

Grandparents, You Need:

- **Flu vaccine.** One dose every year to protect you against flu.
- **Tdap (tetanus, diphtheria, pertussis) vaccine.** One dose to protect you against whooping cough.

Make sure **everyone** in your family is **fully** vaccinated!



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

Questions?

Visit www.doh.wa.gov/Immunization or call the Washington State Office of Immunization and Child Profile at 1-866-397-0337.

Adapted from California Department of Health Services, Immunization Branch materials.
If you have a disability and need this document in another format, please call 1-800-525-0127 (TDD/TTY call 711).